



enabling every child to learn



▶ OUR VISION IS TO ENABLE EVERY CHILD TO LEARN TO HIS OR HER FULL POTENTIAL

○ November | Missile | ○ 2010



▶ OUR MISSION IS TO MAKE THE MOVE TO LEARN MOVEMENT SEQUENCES AVAILABLE TO EVERY CHILD IN EVERY CLASSROOM

Missile *e-mail*

Finally, our feet have touched ground after the October Seminar in Sydney and we have a moment to share some news!



We all had a wonderful time! Adele Suda shared her experience and knowledge in the Saturday training seminar, and then Julia Dive joined us for the dinner and assessment for Move to Learn practitioners the following day.

It was an honour to spend the weekend with such a capable and caring group of people.

A big thank you to everyone who was involved!

“



“Thank you for the training. I found it really informative and am so impressed with the ethics of Move To Learn. It really is all about getting the word out as much as possible and helping as many people as possible with little expense. It is so refreshing compared to so many other like organisations that “say” that’s what they are about, but in the end money is the bottom line. I enjoyed Saturday’s training... I can see that Move to Learn is ALL about helping, has a great bunch of people involved, and I want to be part of that. “

“Thank you for the seminar, I enjoyed it very much and got a lot out of it. “

“I had a lovely time at the seminar and found it very inspirational. I would like to incorporate it some time in my treatment programmes. “

Upcoming Seminars!

We have two exciting seminars scheduled for early next year:

Veronica Steer, OT, will be presenting a **Move to Learn** seminar for teachers, parents & caregivers on:

Thursday 3rd March 2011, 9 -3.30pm

At:

Our Lady Sacred Heart Parish Hall
420 Seaview Road (corner Marlborough St)
Henley Beach, South Australia

Learn how to use the MtL movements with your class or your child at home to assist their learning, development, maturation and mastery.

Cost \$170 (Early Bird \$150, Fri 19th Feb)

Bring your own lunch

Morning and afternoon Tea provided



For more details, or to register for this exciting seminar, visit our website (www.movetolearn.com.au) or contact Veronica Steer vsteer@bigpond.net.au

And

Julia Dive will be presenting a **Move to Learn Information Weekend** for teachers, learning support staff, parents and care givers on:

8th and 9th January 2011

10am - 5pm Saturday,

10am - 3 pm Sunday.

At:

Smart Brain/Smart Body
Above the Commonwealth Bank,
Carp St., Bega, NSW

This weekend will give you useful background information, the chance to practice the Move to Learn exercises and the opportunity to improve your confidence to implement Move to Learn in your Home, School, Preschool, Family Day Care or Community setting.

\$250 includes Morning/Afternoon Teas and Lunches

Only 12 places available

For more details contact Julia Dive

sb-sb@dodo.com.au



**Don't miss out.
Book early!**



From Louise Weavers in Thailand!

Louise is our contact in Thailand. She is a Physiotherapist who is currently working with pre-school, infants and primary school age children with learning difficulties. Her focus is on the area of paediatric physiotherapy looking at normal movement development and especially how it impacts on learning and language development. She also uses Rhythmic Movement Training, and is trained in "The Listening Program", an auditory integration program.



She writes:

When we improve "body skills" such as balance, co-ordination, muscle strength, posture, oculomotor control (eye tracking) rhythm and listening skills not only do children move better but it can help them learn better.

Reading improves when eyes can track along the print in a smoother and more co-ordinated fashion. Handwriting is easier when stronger back and stomach muscles result in better sitting posture. Communication, paying attention, and staying focussed can be achieved with greater ease when auditory processing (listening) skills are improved.

When both sides of the body move in a smooth, co-ordinated fashion we know the two sides of the brain are working well together. This is called brain integration and is important when academic skills become more demanding requiring the brain to multi-process e.g. when reading requires not just understanding the words but whole stories and concepts. When the brain is well-integrated understanding and problem solving is easier.



A number of children in a school in Bangkok have been working hard on improving these skills during the last year. They have been rolling, rocking, gliding, slithering, sliding, creeping, crawling, jumping, bouncing, crunching, climbing, swinging, clapping, stomping, shaking, dancing, throwing,

catching, wobbling, hopping and skipping. All while having loads of fun, of course!

They have been learning to move better so that they can learn better. Better body - better brain!



Move to Learn is helping children in Bangkok be "brain fit" and more ready for the learning challenges of classroom.



And from Winsome in Perth:

This year I am working with a straight Pre-Primary class and so the outdoor program is running differently to previous years when I have worked in a split PP/Yr 1 class. We have 2 children with special needs and have a special needs assistant some of the time.

It has been an amazing year working with a group of 25 children.

They are a delightful bunch and are willing participants.

Most of the children were in the kindy class last year and had been doing some of MTL and this has really shown in their development this year.

The teacher has a programmed outdoor time of 30 minutes, with 3 groups of children rotating through a different activity every 10 minutes. The activities

are: 10 minutes "pure" move to learn, 10 mins obstacle course (incorporating some MTL and other movements) and 10 mins other skills eg beanbags, ball skills, spray chalk obstacle course and balancing activities. This is followed by a 10 to 15 minutes music session with movement and sometimes tapping sticks (Caporn and others).

All the children were able to do opposite flip flops by 2nd term and by 3rd term the majority could do cross over walking and point to the opposite foot. Most of the children are now doing the cross over walk backward and pointing and saying the ABC at the same time.

Those children who had very poor core strength and muscle tone at the beginning of the year are now able to hold a "perfect" glide for 10 seconds. One of these children with special needs can jump 2 feet together over a 30cms jump and was happily jumping along in the sack race at the Athletics carnival.

Recently the Uniting Church in Kalamunda (in the hills on the outskirts of Perth) asked if I would talk to them as the church was concerned that the AEDI for their area was quite low and they wanted to know how they could help.

As a result of my mini presentation they asked if I would do a presentation for different groups in their local area. I agreed to this and the church committee organized flyers to go out to schools, playgroups and day care centres in their local area.

The church members provided morning tea and a light lunch and charged \$10.00 a head.

Wendy Dot and I held the seminar on Saturday 16th October from 9am to 2pm and had 22 participants.

I introduced the Move to Learn team and then asked everyone to introduce themselves, say the reason they were there and what they hoped to get out of the day. **This worked extremely well and I would recommend it to others.**

We had a number of teachers, education assistants, a play group leader and parents and grandparents who willingly shared their experiences. They all wanted to know what else they could do to help those in their care. It was very informative and I am sure helped everyone to join in.



Networking!

Does anyone apply the program to adults with disabilities? We've had some enquires from others who would like to touch base if you do, and we would be interested as well. Please just contact Jini in the office if you can help. Thanks so very much.

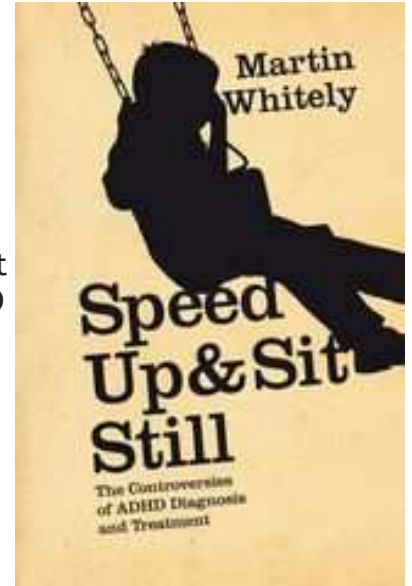
Book Recommendation:

Speed Up and Sit Still: The Controversies of ADHD Diagnosis and Treatment

Martin Whitely, member of the Western Australian State Parliament and a former teacher, outlines the controversies surrounding ADHD diagnosis and treatment in Australia; the science, marketing and politics of ADHD.

Alarmed at the number of boys in his class who were medicated with amphetamines and were unnaturally quiet and compliant, Whitely examined the reasons for the massive increase in Australian ADHD drug use and concluded, "Prescribing rates have exploded because it is in the interests of many stakeholders to accept, without proof, the hypothesis that ADHD is caused by a biochemical imbalance. Drug companies profit, busy clinicians get a quick, easy, lucrative diagnosis and treatment, struggling teachers get a compliant child, governments get a cheap way of appearing to meet child mental health demands and parents are fooled into an illusory belief that they have helped their child with a quick and apparently effective intervention. The real losers in the ADHD debate are children who are completely powerless to prevent themselves being 'medicated'."

To purchase *Speed Up and Sit Still* visit www.speedupsitstill.com



New Research!

Dr Soezin Krog, of the University of South Africa, South Africa has recently published some new, exciting research!!!

Title: "Movement programmes as a need to learning readiness"

Abstract: Learning readiness is deficient in many first time school-going children. Learning readiness depends on a well-functioning neural network. Research has shown that movement as an early learning experience is necessary for optimal neural development. Presumably it is movement that activates the neural wiring in the brain. It influences neural organisation and stimulates the specific neurological systems required for optimal functioning and development of the brain. Some children are faced with motor proficiency deficits which may influence their learning and their readiness to learn. This study aimed at determining whether movement programmes are a means to promote and achieve learning readiness. A selected group of Grade two learners who participated in a specifically designed movement programme for ten weeks showed improvement in their levels of learning readiness based on their movement proficiency and academic level. Based on these findings, recommendations were made for the inclusion of movement in the school curriculum.

Find it here: <http://hdl.handle.net/10500/3514>

Until next month, keep on rolling!

**From The Move to Learn Team
Barbara, Jini, Stacey, Rick & Nikki & Manny**



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